OCD Diary

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Saturday 12:00pm	Hugging my pregnant girlfriend	Mental image of me getting a kitchen knife and stabbing her in the stomach	Terrified - 100%	Walked to another room to get away from knives
Tuesday 11:00am	Noticed someone had used my keyboard at work	Helen has a cold and she might have used my keyboard. I'll get sick and pass it on to my children	Scared - 70%	Cleaned my keyboard then washed my hands - scrubbed both hands up to the elbow. Washed hands twice when once didn't feel right